

# **Abstract**

## **Title of project:**

Natural gyms in the Sarka Valley in Prague 6

## **Aim of project:**

The aim of this Bachelor thesis is to design and implement evidence for possible natural gym in the Wild Sarka in Prague 6, a brief demonstration of its use.

The work is logically divided into two comprehensive parts. In the first part the reader with the history of exercise in nature, since the beginning of mankind up to the present development of sports arenas in nature and closely analyze their specifications. Finally, this part brings the concept of recreation in nature and leisure in general.

The second part is devoted to practical utilization of natural gyms, workout examples of the proposed court, therefore, particularly street workout, parkour and last but not least, the proposal itself natural gyms. Said proposal is divided into three parts, specific uses parkour for street workout or "gym" and finally indispensable attraction for children.

## **Key words:**

Natural gym, exercise history, parkour, strength training, parkour playground, street workout, exercising in nature, movement.